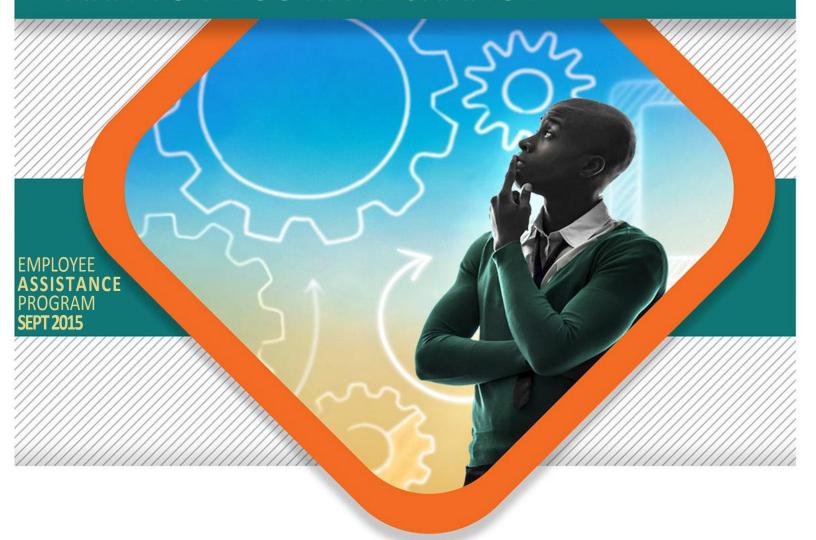
Shifting Gears LEARN TO NEGOTIATE CHANGE



Strategies to live with changes on the job or at home.

Your Employee Support Program can help with:

- Articles and tip sheets on coping with change
- Audio tips on change and goal setting
- Information on life stages and changes
- Tips for managing change

WEBINAR

Coping With Change

Sept 15th −12 pm, 2 pm ET

Learn personal strategies on how to deal with both the losses and the gains that change brings to your life.

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